

THE SIZE OF THE MATTER

Some believe it has become a matter of conventional wisdom that people's brains become smaller as they age. Needless to say, this wisdom could be somewhat disconcerting for seniors. Well, the most recent research along these lines reveals that shrinking grey matter may not be such a universal, age-related phenomenon after all. This finding comes from researchers who used neurological tests and MRI scans to measure parts of the brain among individuals with an average age of 69. Study participants were divided into two groups, those with signs of cognitive decline and those without. The researchers found that those whose cognitive skills had declined also experienced brain shrinkage. The group that was cognitively healthy was not so inclined.

Serving older adults in the Quaker tradition, Barclay Friends offers seniors a home-like and positive environment that is an ideal place for short-stay care and physical, speech, and occupational rehabilitation services. We are now certified by the National Alliance of Wound Care (NAWC) for excellence in wound care. Please call us at 610-696-5211 if you would like to schedule a visit. We are located at 700 N. Franklin Street in West Chester.

P.S. It may help to think of the brain as a "muscle" that must be used in order to remain vibrant.